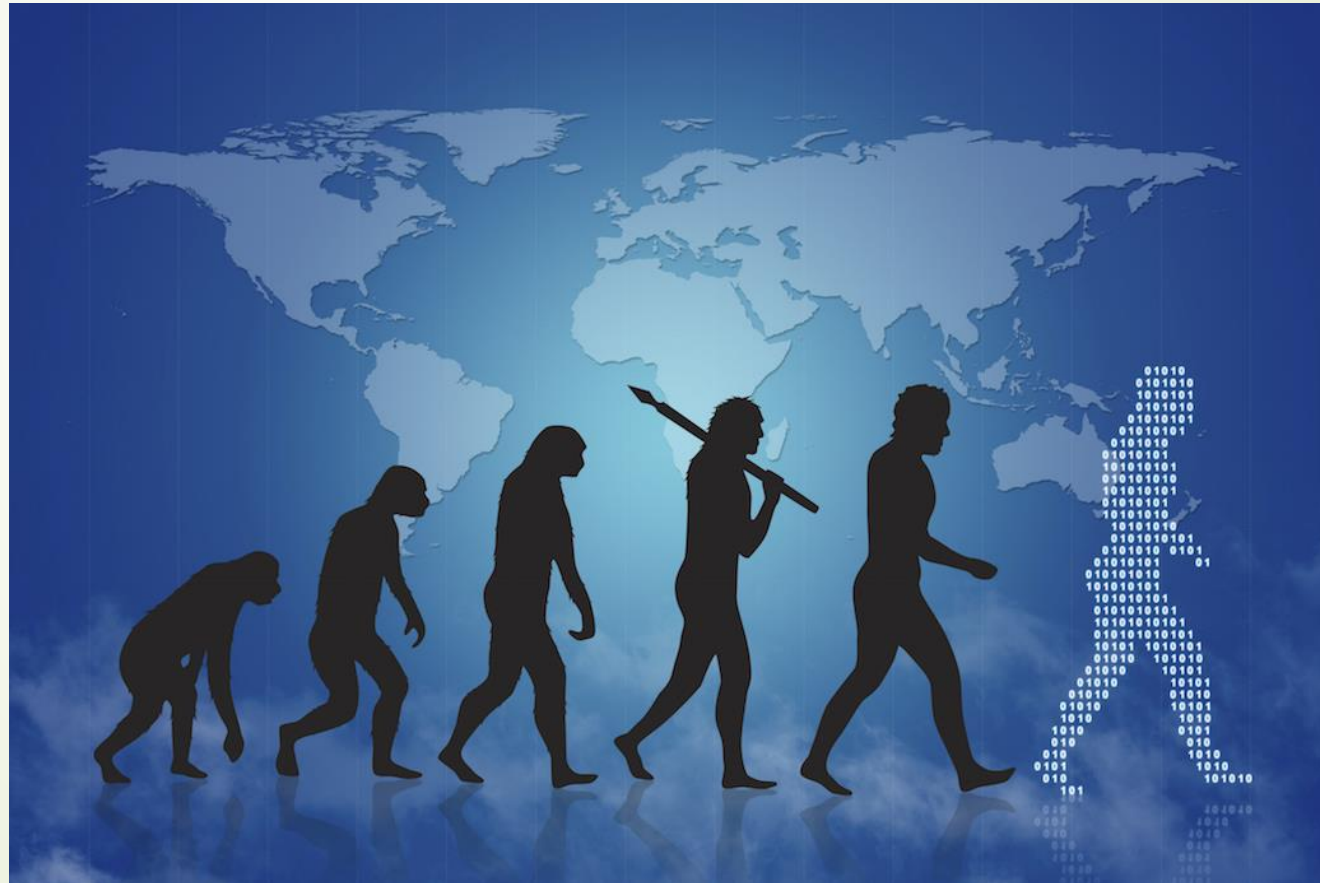


The background of the slide is a digital illustration. It depicts a person in a dark kimono standing on a grassy hill, looking towards a large tree with white blossoms. The sky is a vibrant mix of orange, red, and purple, suggesting a sunset or sunrise. Several white petals are shown falling from the tree. On the left side, there is a dark red arrow pointing to the right. The title 'Grounding' is written in a large, black, serif font, and the subtitle 'The Art of staying into your “Being”' is written in a smaller, black, sans-serif font below it.

Grounding

The Art of staying into your “Being”

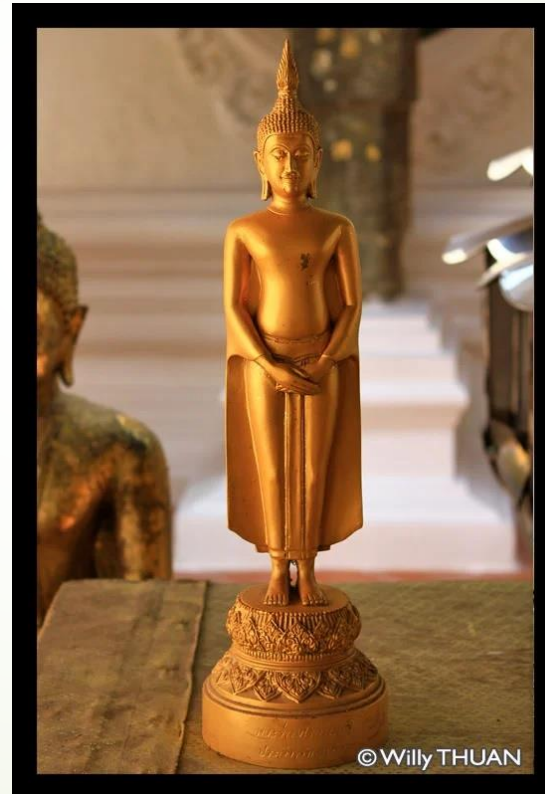
Human Evolution, Spine and Grounding



The Buddhist Earth Witness Mudra



"Seven Days Looking"

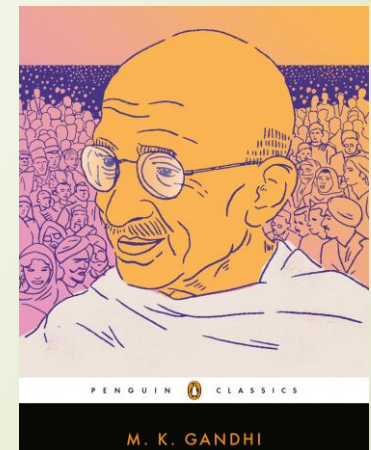
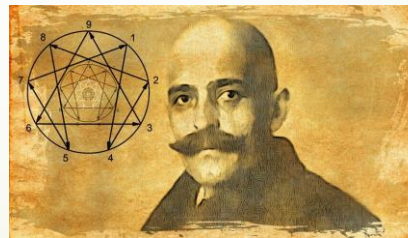


Journey of Dhyan to Chan to Zen...



Our Senses always remain in present...

- Senses are always in present, Mind is in Past or future (we can call it out of the sense {Non-Sense} state)
- Buddha
- George Gurdjieff
- Gandhi



Gaining Emotional Strength



Tea Ceremony






Grounding: Physical Techniques

- 
- 1. Put your hands in water**
 - 2. Pick up or touch items near you**
 - 3. Breathe deeply**
 - 4. Savor a food or drink**
 - 5. Take a short walk**
 - 6. Hold a piece of ice**
 - 7. Savor a scent**
 - 8. Move your body**
 - 9. Listen to your surroundings**
 - 10. Feel your body**
 - 11. Try the 5-4-3-2-1 method**



Grounding: Mental Techniques

- 
- 1. Play a memory game**
 - 2. Think in categories**
 - 3. Use math and numbers**
 - 4. Recite something**
 - 5. Make yourself laugh**
 - 6. Use an anchoring phrase**
 - 7. Visualize a daily task you enjoy or don't mind doing**
 - 8. Describe a common task**
 - 9. Imagine yourself leaving the painful feelings behind**
 - 10. Describe what's around you**



Grounding: Soothing Techniques

- 1. Play a memory game**
- 2. Practice self-kindness**
- 3. Sit with your pet**
- 4. List favorites**
- 5. Visualize your favorite place**
- 6. Plan an activity**
- 7. Touch something comforting**
- 8. List positive things**
- 9. Listen to music**

<https://www.healthline.com/health/grounding-techniques#soothing-techniques>

<https://www.youtube.com/watch?v=ExhNu2jXQF0>

<https://www.youtube.com/watch?v=ytTvxZwTyCI>

All 4-Stages of Vipassana Meditation

► <https://www.youtube.com/watch?v=Kycy971Rj-g&feature=youtu.be>

पहला शब्द है **विपस्सना**।
पाली में विपस्सना बोला जाता है।
संस्कृत में **विपश्यना** बोला जाता है।
विपस्सना शब्द **वि** और **पस्सना** से बनता है।
वि का मतलब है विशेष।
और पस्सना का मतलब है देखना।
यानी पूरे शब्द का मतलब होता है विशेष
देखना या विशेष प्रकार से देखना।

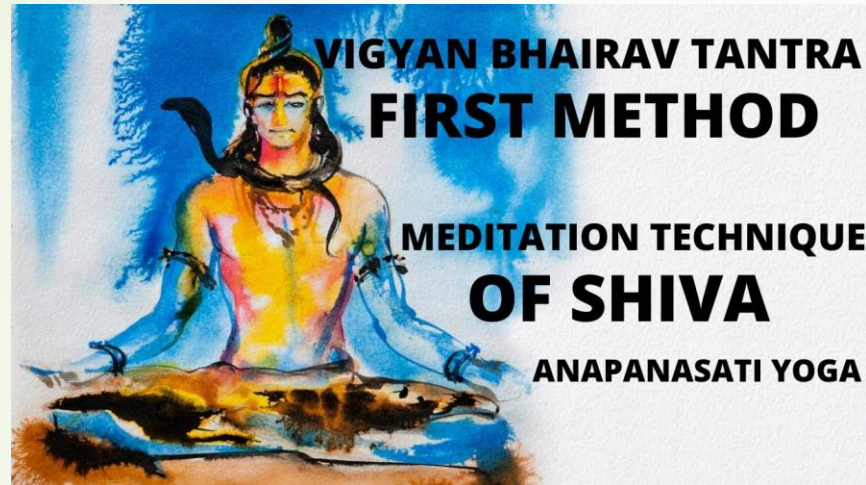
अँग्रेज़ी में insight यानी अंतर्दृष्टि भाषांतर भी
किया जाता है।

यानी विपस्सना के चार चरण

कायानुपस्सना,
वेदनानुपस्सना,
चित्तानुपस्सना,
धम्मनुपस्सना

काया को विशेष प्रकार से देखना,
वेदना को विशेष प्रकार से देखना,
चित्त को विशेष प्रकार से देखना
धर्म को विशेष प्रकार से देखना।

112 Methods of Shiva



- <https://www.youtube.com/watch?v=8hIrStY3aYg>
- <https://www.youtube.com/watch?v=EOjve-nyYfQ>

Chinese Music

Bamboo Flute Music

A to Z: Allah to Zen





Thank You

谢谢
Xièxiè

Pasaṃsati

धन्यवादः

घणां घणां धन्यवाद

ありがとうございました

Arigatōgozaimashita

JAIPUR RUGS